

# Mercury Protection & Removal Protocol

Courtesy of Cutler Integrative Medicine [www.cutlerintegrativemedicine.com](http://www.cutlerintegrativemedicine.com)

Find a holistic dentist that can safely remove this very toxic poison from your mouth. You can do more harm than good if not removed correctly and safely. If you don't know of a dentist, go to our RESOURCES page at <http://clinic.realizehealth.com.au/services/resources/> to find dentists listed there. This should NOT be done when pregnant or breastfeeding.

## Requirements

- Alternate oxygen source / Non-latex dental dam
- Continuous cold water and suction / Low speed cutting of fillings into "chunks"

## Preparation (1 week before dental mercury removal)

- Daily Bowel Movements – Do NOT start any detox/chelation protocols when constipated.
- Anti-inflammatory / Organic diet minus "food sensitivities".
- Alkalize the urine to avoid recycling of toxins in the kidneys. Use something like 'Alkalizer' which can be purchased from the website or the clinic.
- Liposomal Vitamin C – 3 tsp's 3x/day (or to bowel tolerance) that will help support detoxification.
- Liposomal Glutathione – 1 tsp morning and night to directly raise your glutathione levels.

## The Day of Mercury Removal (do not breath in through mouth during procedure)

- Repeat PREPARATION (above) for 1 week post amalgam removal or continue until completely out of supplements.
- Oratox or Metox – 10 drops 3x/day to provide homeopathic support for amalgam detoxification.
- Activated Charcoal – 250-500mg 10-15 min. before and right after procedure. Can be placed under dam within cotton/gauze.
- DMSA or IV DMPS if able to get prescription from your doctor. Otherwise:
- Chelorex
- Colon Hydrotherapy (colonics) – may be repeated a few times afterwards.
- Other 'enhancers' – exercise, filtered water, electrolytes, infrared sauna, fiber, probiotics, coriander, N-acetyl cysteine

## Afterwards

Do a GHEE FLUSH (see HANDOUTS) about 1 week afterwards and every 2 months during heavy dental work.

The next step to remove the overall chronic build-up of mercury from your body is to find a health practitioner that understands environmental medicine and the aspects surrounding it. They can then perform the appropriate lab work and safely remove the previous mercury toxic burden. Never detox/chelate without medical supervision – you can do more harm than good. You can book an appointment with one of our practitioners at <http://clinic.realizehealth.com.au/practitioners/>.

*This information does not replace a consultation with a qualified health practitioner. You should always get the appropriate tests done or be under the supervision of a qualified health practitioner before embarking on taking high doses of any supplement.*